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Office of Education, Division of Intramural Research National Heart, Lung, and Blood Institute **FELLOWS NEWSLETTER**

The Fellows Newsletter is published monthly by the Office of Education, Division of Intramural Research, National Heart, Lung and Blood Institute and distributed to NHLBI DIR members to promote the interest of DIR Fellows.

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From the Director of the Office of Education

The Office of Education is dedicated to providing the services and support that NHLBI Fellows need to be successful in their careers. While many of these consist of seminars and workshops for groups of Fellows, all fellows are welcome to schedule personal meetings with Dr. Geller to discuss their own career issues. Just send an e-mail to Ms. Vicki Le to schedule your appointment.

With the new year we are instituting an "**NHLBI fellows Science/Social Hour**". Each month, we'll have short talks by two fellows from a laboratory – one senior, one new – followed by a social hour. These take place on the 3rd Thursday of every month at 4:00 PM in room 7S235. This month's speakers are Drs. Ryan Morris and Brigitte Simons of the LKEM. Participate in these seminars to learn what other fellows are doing and to meet your colleagues,

Our next **Career Development Seminar** is on Tuesday, January 10th, where Dr. Jim Hyde of the NIDDK Extramural Program, who will speak on "Grants Administration". We have a full schedule of seminars, the 2nd Tuesday of every month at Noon, so mark your Calendars!

Registration will soon open for the the 4th **Annual Fellows Retreat**, to be held once again at Harbourtowne Resort in St. Michaels, MD on April 27-28, 2006. Our Keynote speaker will be Dr. J. Craig Venter, former NIH Scientist who developed expressed sequence tags (ESTs). Our Scientific Speaker is Dr. Stuart Orkin, a Howard Hughes Medical Institute investigator at Children's Hospital and Dana Farber Cancer Institute where his research concerns how commitment to specific lineages is programmed and cell-specific patterns of gene expression are established in hematopoietic stem cells. Registration is free!

An Austrian post-doc comes to NIH

**Dr. Elke Wagner
Cardiology Branch**

I came to the US two and a half years ago, imagining that life here was somehow close to our way of “western life” in “Europe” (we definitely become less nationalistic once we are out of our continent), just with another food spectrum and language etc. I arrived at Dulles Airport one pretty summer day in very good spirits, hoping that my rental car was a manual one with GPS, as promised by HERTZ, called my parents to tell them Maryland looks just like home from the airplane (trees, trees and trees), and stepped into my new life.

But life here is different. The rental car was automatic. The GPS indicated distances in feet. However, it made me feel even better, because I made it on my own to Bethesda without even having time to be scared of being passed on both sides of the car. I was met by my future coworkers; we had dinner in a spacious “American kitchen”, and I went to sleep in a “king sized” bed, about the size of a dormitory room for two students back home. Somewhere from the walls a flood of cooled air came in. Air conditioning, or A/C. Well, I fell asleep anyhow.

The first day I went to NIH, I learned that “Hey, how are you?” is what we call a ‘rhetorical question’, and that no real native American would stop and wait to actually listen to the explanation of your welfare. I had no problem saying “you” to my boss (oh boy, what an insult that would have been in the German language...) and met a group of very serious (but they are still great fun) coworkers who were all married, had two or three kids and thought we

“Europeans” were eternal college students. Seems that whichever European post-doc came, he/she was never married, no kids, no house, no car, no big fortune yet... not even the obligatory engagement ring - what the hell are we doing over there???

The lab equipment was approximately the same as I knew, but here we have different core facilities and the NIH self-service store. Which means I stopped making buffers from scratch pretty soon. I rapidly learned to order ready-made reagents. I stopped washing single use plastic-ware lab materials. And I stopped complaining about the mini-size of my computer desk. (Well, actually I still do complain, but only to myself. How do people manage to spread out their papers and work with them on a 1x1 m² desk? It’s magic to me, but everybody manages this.) What else was new: I asked ten times a week “how many cm are xx inches, why does ' ' not mean minutes and seconds here?” I made my coworkers convert Fahrenheit to Celsius on a daily basis. Not that I am a troublemaker *ggg*...

Another of my famous WHYS would be “Why do you say ‘sort of’, ‘kind of’ or ‘like’ to express a definite fact?” BTY (or by the way, for those who haven’t entered the world of abbreviations yet), don’t delete emails saying “FYI” because you consider them spam mails. They may actually contain interesting information, as they are meant to mean “for your information”. I deleted them on a regular basis at the beginning. And I took idioms literally. When my coworker left for the day the first time, he’d go out and say “see you later”. And I’d expect him back in a little while, telling the boss when he was asking for this particular person (I guess that’s not bad anyway).

I believe one can say in an exaggerated form that where I come from, we live ‘sort of a’ more black-and-white life... good-bad, right-wrong... Not as many different influences and gray shades. My home town is in a hilly, pretty conserved area, with lots of local dialects and customs that are well preserved, maybe comparably to religion. Oh, and we don’t separate religion and state. And we are not politically correct. And we love sarcastic humor and detailed discussions of every sort.

Work is relatively similar here to home. We have weekly lab meetings, journal club and data club like at home. Time scheduling in German nations is a little different from here, but less different than from Latin countries. So I learned to give every 30 US min an extra 30 US min bonus. That helps being able to keep a schedule. On the other hand, I don’t need to think and plan ahead as long any more, since our centrifuges, heating blocks, water baths or whatever instruments are usually ready to go 24h a day, 7 days a week (24/7), and there are more than one of each. Electricity bills are not an issue at NIH.

The 24/7 mentality infected me immediately. I made a point on hopping on my great, not at all expensive, mountain bike at 10 min to midnight in order to go shopping for some ice-cream the first time I was here. I kept the receipt... I do still have to make sure I get 12 am and 12 pm right. I couldn’t say which is midnight right now. I grew up with a 24h time system and heard such nice stories as one of my friends missing his 7am bus to NY to go to the NY metropolitan opera matinee, because his alarm clock was digital, and he had never seen the little red pm/am switch... \$ 180, not refundable. He learned his lesson, and passed his wisdom on to me. His second lesson was that on the NIH

campus, "federal" laws apply. It is not a Maryland state speeding or parking ticket you get there. It's an offense to US federal law. Apparently shows up in your immigration file, but is not specified. Could be any offense. So you better acknowledge it at immigration at the airport if they ask you for anything like that...

Other than that I was just lucky with my lab, where I made a lot of new friends. NIH is a big playground for scientists of all sorts, and with the appropriate information and networking everybody may find a fruitful workplace. And it's so multicultural, you don't get that extra bonus everywhere at work. I do interesting research that keeps me excited - we have great team work and too many possibilities, making it hard to focus. And it is not as frightening to work here as some Europeans ("work to live") think - not all post-docs do a 7 days work week ("live to work"), but since the research possibilities are so great, and the budget situation for science is much better than in most European academic institutions, it just is 'kind of' logic to get as much done as possible. We have access to most journals, which makes it tempting to spend hours on the pubmed server and print everything. It's so easy. And if it's not online, you press a little help button and just order it. Or step down to the library, even on the weekend. Fantastic. I have learned a lot during these last months, I have met a lot of patience, understanding, humor and support, had the chance to take countless free classes, and should have listened to

many more top science talks. I think the platform for post-docs at NHLBI is extremely well done, it is simply up to the individual to make the best out of it. Read your emails and flyers, specially at the beginning. Take your time to discuss things with colleagues and inform yourself via the links you get. And don't be afraid to ask your WHYS and to bother, Americans are extremely patient, friendly and used to it!

The Chronicle of Higher Education - A Career Resource for Academic Job Seekers

**Dr. Herbert M. Geller
Director, Office of Education**

When I began Graduate School, I also began my lifelong addiction to Science and Nature. The rates for a student subscription were low, and I didn't have to wait several weeks for the lab copy to reach my desk. At the beginning, I read them from front to back, a natural sequence. But something happened as I neared completion of my Ph.D. - I began by reading the job ads at the back, even before the hot science in the front, in the hopes of locating that "ideal" postdoctoral and later faculty position. While these journals are the primary place to look for a research position, they are not the primary source of information for jobs in Academia, especially jobs at smaller colleges and universities that emphasize a balance of teaching and research. So where should you look?

The Chronicle of Higher Education is a weekly newspaper that has a print edition and a strong presence on the Web. Each week, many different positions are advertised either by specialty or as large ads from a particular institution listing their anticipated vacancies for the coming year. Each of these ads is also on their web site <http://chronicle.com/jobs/> which is free and searchable. Thus, a search of jobs in "Biology" found 198 positions at places as diverse as Arcadia University in Pennsylvania (the former Beaver College) to Tufts University in Boston.

In addition to this search feature, each job-seeker can create a free account that allows for creation and storage of resumes/c.v.s and cover letters. These can then be sent electronically to respond to the particular advertisement.

The Office of Education is available to help you navigate these employment issues. Just e-mail Ms. Vicki Le to make an appointment.

New NHLBI Fellow



Dr. Yuliya V. Preobrazhenskaya recently joined the Laboratory of Biochemistry under the supervision of Dr. Thressa Stadtman as a Visiting Fellow. Dr. Preobrazhenskaya received her Ph.D. in Biochemistry from Grodno State University in Grodno, Belarus in 2003. She is working on selenophosphate metabolism.

Plan to come to the Fellows Retreat, April 27- 28th at the Harbortowne Resort, St. Michaels, MD.

Registration and abstract submission begins on February 1.

Recent Publications by NHLBI Fellows

Di Noto, L., Whitson L. J., Cao X. H., Hart P. J. and Levine R. L. (2005) Proteasomal degradation of mutant superoxide dismutases linked to amyotrophic lateral sclerosis. *J. Biol. Chem.* **280**, 39907-39913.

Fenton R. A., Shodeinde A. and Knepper M. A. (2006) UT-A urea transporter promoter, UT-A alpha, targets principal cells of the renal inner medullary collecting duct. *Am. J. Physiol. Renal Physiol.* **290**, F188-F195.

Khan M. A. S., Chock P. B. and Stadtman E. R. (2005) Knockout of caspase-like gene, YCA1, abrogates apoptosis and elevates oxidized proteins in *Saccharomyces cerevisiae*. *Proc. Natl. Acad. Sci. U. S. A* **102**, 17326-17331.

Minneci P. C., **Deans K. J., Zhi H.,** Yuen P. S. T., Star R. A., Banks S. M., Schechter A. N., Natanson C., Gladwin M. T. and Solomon S. B. (2005) Hemolysis-associated endothelial

dysfunction mediated by accelerated NO inactivation by decompartmentalized oxyhemoglobin. *J. Clin. Invest.* **115**, 3409-3417.

Morris R. G., Hoorn E. J. and Knepper M. A. (2005) Hypokalemia in thiazide-sensitive Na-Cl cotransporter knockout mice. *Hypertension* **46**, 860.

Nallamshetty S., **Crook M.,** Boehm M., Yoshimoto T., Olive M. and Nabel E. G. (2005) The cell cycle regulator p27(Kip1) interacts with MCM7, a DNA replication licensing factor, to inhibit initiation of DNA replication. *FEBS Lett.* **579**, 6529-6536.

Nezafat R., Kellman P., Derbyshire J. A. and McVeigh E. R. (2005) Real-time blood flow imaging using autocalibrated spiral sensitivity encoding. *Magn. Reson. Med.* **54**, 1557-1561.

Savani B. N., Montero A., Kurlander R., Childs R., Hensel N. and Barrett A. J.

(2005) Imatinib synergizes with donor lymphocyte infusions to achieve rapid molecular remission of CML relapsing after allogeneic stem cell transplantation. *Bone Marrow Transpl.* **36**, 1009-1015.

Scheinberg P., Nunez O., Wu C. O. and Young N. S. (2005) Treatment of severe aplastic anemia with combined immunosuppression: Antithymocyte globulin (ATG), cyclosporine A (CSA), and mycophenolate mofetil (MMF). *Blood* **106**, 18B.

Solomou E. E., Keyvanfar K. and Young N. S. (2005) Decreased TCR zeta-chain expression in T cells from patients with aplastic anemia. *Blood* **106**, 59B.

Syed M. A., Paterson D. I., **Ingkanisorn W. P., Rhoads K. L., Hill J.,** Cannon R. O. and Arai A. E. (2005) Reproducibility and inter-observer variability of dobutamine stress CMR in patients with severe coronary disease: implications for clinical research. *J. Cardiovasc. Mag. Res.* **7**, 763-768.